

大聲呼叫,  
拯救生命

**SPEAK**

**Suicide  
Prevention  
Education  
Awareness  
Kit**

自殺預防教育手冊

此手冊是提供資訊給社會大眾, 衛生保健者, 和教育人員,  
以幫助他們瞭解令人震驚的自殺頻率及其對生命健康  
所造成的損害, 從而找到一些政策來為預防自殺助一臂之力。

紐約州

George E. Pataki, 州長

心理健康辦公室

Sharon E. Carpinello, R.N., Ph.D., 局長

Barbara Cohn

副局長



## **SPEAK up, Save lives**

SPEAK is a statewide public awareness and education program that is part of New York's larger suicide prevention effort. It includes information designed to help you become aware of the facts about suicide, help you become familiar with its warning signs, and show you how to help someone who may be considering suicide.

*By speaking up, we can all help to save lives in New York.*

For more information about SPEAK, or if you would like to order kits in English, Chinese, or Spanish please contact:

Laura Payack

Director, Community Outreach and Public Education

New York State Office of Mental Health

44 Holland Avenue

Albany, NY 12229

Phone: 866-270-9857

Fax: 518-473-3456

Email: [copllcp@omh.state.ny.us](mailto:copllcp@omh.state.ny.us)

Or visit our website at [www.speakny.org](http://www.speakny.org)